

GOLDEN GAZETTE

January 2017

**D. L. Hopkins, Jr.
Senior Center**

206 James Collins Blvd.
Duncanville, TX 75116
972)780-5073

Lunch reservations and
cancellations: 972 707-3843

www.duncanville.com

Center Hours:

Monday thru Thursday

8:00 am to 3:00 pm

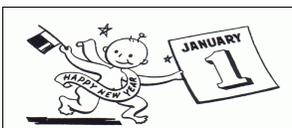
Friday

9:00 am to 3:00 pm



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Come Join Us!

Our Mission:

*“Providing opportunities for older adults
to continue being active and vital
participants in their community.”*

January Trips

OMNI THEATRE

Monday, Jan.9, 2017 at 9:30 am.
\$10.00 + cost of meal

Ozona Restaurant

Tuesday, Jan. 10, 2017 at 4:30 pm.
\$2.00 + cost for meal

Premium Allen Outlet Mall

Thursday, Jan. 12, 2017 at 9:00 am.
\$2.00 + cost of meal

Pizza Inn

Tuesday, Jan. 17, 2017 at 4:30 pm.
No Trip Fee

NO REFUNDS ARE GIVEN FOR A RESTAURANT TRIP.

All trip participants must have a current membership at the senior center.
We appreciate if you pay at the time of sign-up, Monday,
January 2, 2017. Thank you for your cooperation!

Where Silver is Golden!

Creative Expression Classes:

Dignity Memorial

You're personally
invited
to an informational
Continental Breakfast

Funeral and Cemetery
Questions Answered

Jan. 18th at 10:00 am.
D. L. Hopkins Sr. Center

Caron Sneed
Family Service Counselor

*Happy
New Year!*

*From The
D.L. Hopkins Jr, Sr. Center*



Card Class

Every Monday, 10am.-12pm.

Terry & Anita Smith, Instructors



Free

Yarn Class

Fridays @11:00-11:30 am.

**Classes para aser bufandas
de estambre**

Los Viernes de 11:00-11:30 am.



Ceramics

Tuesdays

9:30 am. - 12:00 pm.

Or

12:00 pm. - 3:00 pm

Cost: \$18.00 per session
Pat Weaver, Instructor

Staying Fit:

50 + FITNESS!

Tuesdays & Thursdays

8:45 am

Cost: \$ 16.00 per month

Judy Sides, ACE Certified

Instructor will start with warm-up
exercises to get you going. Light
resistance training with equip-
ment, seated or standing.
Designed for senior adults.
It's fun!



Sanar.org

Free Yoga Class For Beginners

Tuesdays and Fridays
10:00am to 11:00am

Olivia Chavez, Instructor



Social Activities & More:



Wednesday, Jan. 25th at 10:00 am

Sponsored by
Heritage Home Care

GOLDENAIRES CONCERT

*Practice every Wednesday at 1:00
pm. Center concert on Monday
January 23rd at 11:00 am.*

Performance at Duncanville Rehab
on 1/20 and Laurenwood Nursing
Home on 1/27 at 10:30 am.

3RD FRIDAY DANCE

Fri. Jan.20th. @ 7:00 pm
Cost: \$ 5.00 per person
This month featuring the music of:
**Final Showdown
(C&W)**



Café & Other Activities

CENTER CAFÉ
Monday through Friday
Lunch daily from 12 noon

We serve lunch daily. Our lunches are designed for older adults and provide 1/3 of the daily dietary requirements. We take reservations for lunch two days in advance. We ask you to fill out an intake registration form before you eat the first time. **Reservations may be made by calling (972) 780-5073 or (972) 707-3843.** We never charge for our meals however, we do suggest a donation of \$.75 for each meal. Come and join us for lunch. The food is good and the price is right! **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability.**

Dancing by Day

With DJ Joe Deleon
 "The Noise Maker" 

Jan. 2017

10:00 am –12 noon

Tejano

Country & Western

R & B

Music Request Welcome

MEMBERSHIP FEES
\$15.00 a year for
Duncanville residents.
\$20.00 a year for
outside of city limits.

The Silver Bullets

Performance

Tuesday, Jan. 17th
 11:00 am.



Birthdays, Opportunities, & Trips :

We are celebrating January Birthdays on **Wednesday, January 11th** during lunch. Make reservations for yourself and a guest on or before **Thursday, January 5th.**



AARP DRIVER SAFETY CLASS

Monday, January 23rd, 2017
 8:30 am to 1:00 pm
 Cost: \$15.00 w/AARP membership
 \$20.00 without AARP membership
Call (972) 780-5073

OMNI THEATRE
 Jan. 9th at 9:30 am.



Ozona
 Jan. 10th at 4:30 pm.



Allen Outlet Mall
 Jan. 12th at 9:00 am.

Pizza Inn
 Jan. 17th at 4:30 pm





January 2017

Free Coffee On Fridays



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>3 Sign Up For Trips Please Pay at Sign-Up</p> <p>8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga</p>	<p>4</p> <p>9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle</p>	<p>5</p> <p>8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables</p>	<p>6</p> <p>9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class</p>
<p>9 Omni Theatre</p> <p>9:30 Great White Sharks 10:00 Card Class 10:00 Share & Care 1:00 Folk Dance Class</p> 	<p>10 Dinner Out</p> <p>8:45 50+ Fitness 9:30 Ceramics 10:00 Beginner's Yoga 4:30 Ozona Restaurant</p>	<p>11 Birthday Lunch</p> <p>9:30 Game Tables 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle</p> 	<p>12 Outlet Mall</p> <p>8:45 50+ Fitness 9:00 Premium Allen Outlet Mall 9:30 Ceramics 9:30 Game Tables</p>	<p>13</p> <p>9:30 Game Tables 10:00 Beginner's Yoga 11:00 Yarn Class 7:00 Cliff Dwellers Square Dance</p>
<p>16</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>17 Dinner Out</p> <p>8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga 4:30 Pizza Inn</p>	<p>18</p> <p>9:30 Game Tables 9:30 Dignity Breakfast & Learn 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle</p>	<p>19</p> <p>8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 9:30 Habitat Volunteers</p>	<p>20</p> <p>10:00 Beginner's Yoga 10:00 Goldenaires @ Dunc. Rehab 11:00 Yarn Class 7:00 3rd Friday Dance Final Showdown</p>
<p>23</p> <p>8:30 Drive Safe 9:30 Game Tables 10:00 Card Class 1:00 Folk Dance Class</p>	<p>24</p> <p>8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables 10:00 Beginner's Yoga</p>	<p>25</p> <p>9:30 Game Tables 10:00 BINGO ! 11:00 Bridge 1:00 Goldenaires 1:00 Pinochle</p>	<p>26</p> <p>8:45 50+ Fitness 9:30 Ceramics 9:30 Game Tables</p>	<p>27</p> <p>9:30 Game Tables 10:00 Beginner's Yoga 10:00 Goldenaires @ Laurenwood 11:00 Yarn Class</p>
<p>30</p> <p>9:30 Game Tables 10:00 Card Class 1:00 Folk Dance Class</p>	<p>31</p> <p>8:45 50 + Fitness 9:30 Ceramics 9:30 Game Tables</p>			